

B's 2009 Santa Barbara Junior Lifeguards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 29 Introductions Swimming Evaluation Safe Entries	June 30 Intro to Surf Swimming / Rescues Uniforms Distributed	July 1 Paddleboard Intro	July 2 All Order Forms Due	July 3 NO JUNIOR GUARDS! Happy 4 th of July!
July 6 Red White and Blue Day	July 7 Picture Day! Long Run and Short Swim	July 8 Boat Trip #1 Long Swim and Short Run	July 9 Relay Practice	July 10 Time Trials
July 13 Evaluation # 1	July 14 Butterfly Biathlon	July 15 Boat Trip #2 Alternate Activity	July 16 Training Day	July 17 Carpinteria Competition 8am – 3 pm (refer to website)
July 20 Responding to Emergencies Open House 5:30 at Ledbetter (refer to website)	July 21 Soft Sand Day	July 22 Movie Night #1 Training Day	July 23 Fun Relay Day	July 24 Regionals (Seal Beach) (refer to website)
July 27 Time Trials Code X	July 28 Review Evaluations Workout like mad! Dessert Day	July 29 B's Surf Trip	July 30 Fun Training Day Evaluation #2	July 31 Fiesta Competition At East Beach 8am – 3pm (refer to website)
August 3 Training Day	August 4 Stud Ironman Followed by Kick Back Day	August 5 Movie Night #2 Post-Stud Day	August 6 Water Relay Day	August 7 Ventura Competition 8am – 3pm (refer to website)
August 10 Rincon Surf Day (9am-2pm) Drivers needed	August 11 Pier Run Challenge	August 12 Pier Swim Challenge	August 13 Thank You Day	August 14 Last Day of J.G.'s Banquet at Chase Palm Park 5 – 7pm